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metroNEWS

METRO CANADA DAY CHALLENGE

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Anytime you need help or support, the community is there.

Cindy Klassen, Olympic medalist

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HAVE YOUR SAY: Your picks, pages 10-11

Happy Canada Day!

MEET HERE. SHOP HERE.

PORTAGE PLACE

Manitoba native brings competition back to the marketplace with **Recycle West Inc.**

After a six-year hiatus, honouring a five-year non-compete, Ron Fehr along with one of his long-term shareholders, Earl Everall, is starting up another used oil and hazardous waste recycling company called Recycle West Inc. Fehr and Everall sold Enviro West Inc., in 2010 to Green For Life (GFL), to provide liquidity to their shareholders at the time. GFL then bought WRS, Enviro West Inc.'s competition, in Manitoba. This gave them almost 90% market share. "There's great opportunity for good, solid competition in the recycling industry." Fehr said.

In 1998, a stewardship program, similar to the bottle return incentive program, was put in place to allow generators, (i.e., car dealerships, truck and lube shops, as well as construction companies), a monetary reward for their recyclable products. "This incentive has largely disappeared and is not being honoured and paid to the little guy (the small generator), " says Fehr, "Instead, it's being pocketed due to a lack of competition. Recycle West Inc. intends to change that."

Fehr also understands that taking on a large national corporation is not an easy undertaking. "They tend to use money for acquisitions to consolidate the marketplace, instead of good, healthy competition on the street." Fehr says, "There's been a lobbyist group hired to try and tie us up in bureaucratic red tape and shut us down."

GFL's private plane

Fehr admits to having a good relationship with GFL CEO, Patric Dovigi, but Dovigi has warned Fehr saying, "There are eyes and ears all over the place watching," among other threatening things. To which Fehr responded, "Patty, GFL is big no arguing that! Get in your jet, have fun, and when you fly over us, you won't even see us."

Although the odds seem to be stacked against Recycle West Inc., Fehr is no stranger to adversity and takes this light-heartedly saying, "I intend to have a lot of fun this time around and would like to see Recycle West eventually owned by the employees."

GFL is backed by Wallstreet dollars; Fehr and Everall are investing their own money into Recycle West and are personally committed to job creation and economy growth of the Manitoba marketplace. "In my opinion, it's time for Manitoba to benefit from solid service and solid ethics again." Fehr says.

Fehr spent most of his adolescent years living in and around Winnipeg, in areas like Gladstone and Portage La Prairie. After marrying his wife, now of 35 years, the two of them started in the recycling industry in the 80's and have now been involved for more than 30 years.

Having grown Enviro West Inc. from a one-man operation in Manitoba in 1995 to expanding the business throughout Ontario, Alberta, and British Columbia, with an employee base of over 85 people, Fehr says, "Don't despise small beginnings. It's not about where in life you start, but where you finish."

metro NEWS
Your essential daily news
Weekend, June 30-July 4, 2016

Happy Canada Day!
Metro is back on July 5. We hope you have an enjoyable holiday.

Former city staffer banked more than 500K last year

PAY STATS

6,644 officials, city employees also earned over 50K in 2015

Stephanie Taylor
Metro | Winnipeg

The former City of Winnipeg chief administrative officer who was suspended and ultimately resigned was the top earning bureaucrat in 2015, according to an annual release of compensation records.

Deepak Joshi banked $567,339 last year despite only three weeks of work in 2015.

For comparison's sake, last year Joshi's replacement, Doug McNeil, banked $186,721.

Presumably much of Joshi's earnings were paid out in severance, as he resigned last February after being under suspension for a month.

A city spokesperson wouldn't elaborate as to the details of his compensation, saying only the figure takes into account salary as well as any other pay, such as buy-outs, overtime pay, shift premiums, standby pay and statutory pay.

Compensation records from 2014 show in one year, Joshi's earnings saw an increase of $321,400. The top paid bureaucrat who actually still works at city hall is chief operating officer, Michael Jack, who raked in $222,251 last year — $44,000 more than he earned in 2014. The third highest earner was retiring police chief Devon Clunis, who was paid $219,324.

Winnipeg's former chief administrative officer Deepak Joshi. METRO FILE

Seven of the ten highest earners were senior brass with the Winnipeg Police Service and the Winnipeg Fire and Paramedic Service.

Compared to 2014 records, fire chief John Lane enjoyed a one-year pay increase of $54,801, while Clunis earned an extra $11,050. The city is required under the Provincial Public Sector Compensation Disclosure Act to release an annual report of its employees and elected officials who earn more than $50,000 in a fiscal year.

Last year, the report shows 6,644 city staffers and councillors earned $50,000 or more.

That's an increase of 492, according to records from the past two years. Mayor Brian Bowman came in as the 18th-highest paid official, earning $178,738.

Even though his predecessor, former mayor Sam Katz, may be out of office, city hall still paid him $87,576.

"Members of Council are entitled to severance, and as per City Policy they are able to defer a portion of that severance pay to the next year," a city spokesperson wrote in an email to Metro.

On average, councillors who sat on the mayor's executive policy committee banked upwards $108,000, while non-inner circle members made around $98,000. Coun. Ross Eadie was the lowest paid councillor at $89,552.

TOP EARNERS

CITY BUREAUCRATS
Michael Jack, chief operating officer: $222,251
Devon Clunis, police chief: $219,324
Mike Ruta, chief financial officer: $190,855
Doug McNeil, chief administrative officer: $186K
Clive Wightman, director of community services: $184K
Dave Wardrop, director of Winnipeg Transit: $173K
John Lane, fire chief: $168K
Lester Deane, acting director of public works: $140K
Moira Geer, acting director of water and waste: $142K

COUNCIL IN 2015
Brian Bowman (Mayor): $178K
Mike Pagtakhan (North Point Douglas-Deputy Mayor): $111K
Brian Mayes (St. Vital): $110K
Janice Lukes (St. Norbert): $108,673
Jeff Browaty (North Kildonan): $108,327
Marty Morantz (Charleswood-Tuxedo): $108,249
Devi Sharma (Old Kildonan): $108,246
John Orlikow (River Heights- Fort Garry): $108K
Jenny Gerbasi (Fort Rouge-East Fort Garry): $104,377.

BUSINESS

Nightclub proposal rejected

Braeden Jones
Metro | Winnipeg

A proposal to convert a former legion in the West End into a nightclub has been rejected by the City's Board of Adjustment, despite the property owner being unable to attend.

The board ruled the would-be conditional use of the building at 626 Sargent Ave. is not consistent with applicable plans and would have a "substantial adverse effect" on the area.

Community members at the meeting Wednesday heaped the majority of their criticism not on the project but on the absent applicant, Girma Tessema and the nearby Blue Nile Restaurant, another property he owns. Spence Neighbourhood Association President Jamil Mahmood listed off issues around the Blue Nile, many of which were identified in a police report recommending the proposal for 626 Sargent Ave. be rejected, including "stabbings and shootings, a number of assaults and gang activity."

Coun. Cindy Gilroy said she received an "overwhelming" number of calls from community members who were afraid those activities would follow the owner. Tessema, who was unable to defend his plans as he was out of town told Metro Tuesday that he was looking to sell the Blue Nile and would ensure the new property was secure.

"I'm very frustrated about this," he said.

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METROTALKS TO DAVE ANGUS

An "explosion of development"

Braeden Jones
Metro | Winnipeg

A celebration at the Fairmont hotel this week was Dave Angus' final hoorah as the President of the Winnipeg Chamber of Commerce.

On Canada Day, he'll officially turn over the reins, but not before sharing with Metro his perspective on what has changed in Winnipeg during his 17-year tenure, and what changes he expects are still to come — or should come — moving forward.

Looking back

Angus began leading the chamber in 1999. Since then, he said there have been a multitude of pivotal changes in the city and its business community, including:

The provincial nominee program (PNP) for business

"The number one change (since 1999) was the influx of immigrants to our city. The PNP became a very important tool for business… we started growing in numbers after two decades of reduction in population and it was on the back of a great (immigration) program," Angus said. "If we look now at the diversity that makes up our city and workplaces as well… not only did it change business but it changed our community, both very much for the better."

Civic pride and development momentum

"When I first started we would have committees sitting around trying to figure out a way to get Winnipeggers to speak in better terms about their city — it was a big issue then, negativity that was local about our own city," he said.

Angus pointed to projects like the airport redevelopment, MTS Centre, new Provencher Bridge and Canadian Museum for Human Rights as city-shaping.

"I think it sent a signal to our community that we're going to get stuff done; that in itself has stimulated a sense of pride here in Winnipeg," he said. "Now I have a hard time finding somebody who isn't enthusiastic about Winnipeg."

Dave Angus talks at the Fairmont Hotel Tuesday. ROBERT LOWDON PHOTOGRAPHY/WCOC

Looking forward

Angus suggests the city and Chamber both have some adaptation ahead in order to keep up with the way "things are changing more dramatically and quickly" than ever before.

Indigenous engagement

"One of the most important aspects for business and the economy is going to be increased Indigenous engagement… it's a collective effort required to move the bar when to comes to our relationship with Indigenous people," Angus said. "From a business perspective, particularly in Winnipeg and Manitoba, it's critical.

"There's a lot more Indigenous engagement, employment, entrepreneurship within the overall business community… moving forward that's absolutely a priority."

Evolving and innovating

"I'm not sure I've seen a bigger moment in terms of rapid change… when it comes to business models like the sharing economy, disruptive technology… we've always has new technology but now it's being adopted much quicker," he said. "It's an exciting time but a scary time; innovation has to be at the forefront of all of our companies, particularly in older industries so we can stay ahead of all of those business trends."

He said one way to do so could be found in places like Winnipeg's Innovation Alley.

"I would love for Winnipeg to be the model for how industry engages young entrepreneurs to change their company and commercialize new enterprise."

Pride march allowed on street

STEINBACH

Event planners earlier told to stay on the sidewalk

Organizers of the first Pride march in the heart of Manitoba's so-called Bible Belt say they have won the right to walk on the city's streets.

Planners were originally told that the parade on July 9 would have to stick to the sidewalk on Steinbach's main street because of road construction and safety concerns. But a message on the Steinbach Pride Facebook page Wednesday said that after talking with the RCMP, the group has chosen a different route and will be given a permit to march on the street.

"Several planning meetings took place with RCMP over the last few days that included detailed discussion about routes, safety, and the extensive and comprehensive security detail that will be provided," the message says.

"The RCMP also negotiated with the city on behalf of Steinbach Pride and we are pleased to announce that we have been granted street access!!"

"We are extremely satisfied with the results of the discussions," said a written statement from Mountie headquarters in Winnipeg.

The march has stirred up controversy in the small city. Member of Parliament Ted Falk has said he will not attend because the event does not match his values. Steinbach's mayor and legislature representative, citing prior commitments, have also indicated they are not attending.

THE CANADIAN PRESS

Pride marchers in Steinbach won't be relegated to the sidewalk. METRO FILE

LEADERSHIP

Show support, Bowman says

Stephanie Taylor
Metro | Winnipeg

Winnipeg's mayor may not have plans to attend the upcoming Pride march in Steinbach, but he believes it's the responsibility of politicians to do so.

"I think there's an opportunity to demonstrate that everyone matters in a community by attending events like this," Brian Bowman told reporters on Wednesday.

Having walked into two Pride parades in his time as mayor, he said he felt it important to send the message to residents that everyone should feel welcome in their community.

"Certainly as mayor, being able to attend to demonstrate that by being present, by being vocal on these issues, I see as my responsibility as a leader."

Mayor Brian Bowman attends Winnipeg's Pride parade last year. METRO FILE

Bowman wouldn't comment as to what Steinbach's politicians should or should not do when it comes to their own local Pride events, such as MP Ted Falk and MLA Kelvin Goertzen who have declined attendance at next Saturday's inaugural event.

"When it comes to what matters for me, personally, I'll always do my best to attend, to be present and to demonstrate that everyone matters."

Steinbach Pride organizers recently announced on social media the RCMP had granted them street access for the march, and the number of people expected to attend the event had grown.

News that a Pride march was being planned for Steinbach has cast the Southeastern Manitoba city into the national spotlight, as the region is traditionally known as the bible belt of the province.

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DEVELOPMENT

Status update: City on top of transitway

Stephanie Taylor
Metro | Winnipeg

As next month's start date on the construction for the final leg of southwest bus rapid transit inches closer, Winnipeg's mayor tabled a motion that would see special monitoring treatment given to the now $467.3 million capital project.

Brian Bowman put the request before his executive policy committee on Wednesday, asking that Doug McNeil, the city's chief administrative officer, deliver monthly updates on the transitway project to the committee on infrastructure renewal and public works.

The committee endorsed the idea, which Bowman previously announced during June's council meeting.

Although committees can request city staff present updates on specific projects — which are otherwise tracked in the city's quarterly reports on major capital spending — scheduling the CAO himself to speak publicly to only one infrastructure matter is not a routine practice at city hall.

$120M

The project's overall budget had been reduced from $587 million to $467.3 million after $120 million worth of savings had been found.

"I've singled this one out just because look, it has always been in the history of rapid transit a very controversial topic," Bowman said.

"Just given it's very important strategically, it's a big dollar amount, and it's also one that has been and will likely always be controversial, so let's have that public reporting on a monthly basis."

Construction is set to begin next month and be complete by 2019.

Unexpected
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Midwifery students say they have lost their money, time and dream careers. ISTOCK

Midwifery meltdown

ACCREDITATION

Students stage protest after course is cut, credits pulled

Midwifery students have staged a protest at the provincial legislature after learning their program will no longer be offered at the University of Manitoba.

The 14 students say the move is costing them time, money and their dream careers, and comes at a time when there is a greater need than ever for midwives.

According to the Midwives Association of Manitoba, the demand in the province calls for 200 midwives, but only 52 are currently working.

The move by the university comes because the program is no longer accredited by the College of Midwives of Manitoba.

Education Minister Ian Wishart says the funding is still there and the province recognizes the need for midwives and is trying to develop a sustainable program "that will get recognized."

The 14 midwifery students were offered spots in the university's nursing program, but all of them declined.

"We were shocked and floored, we had no idea it was coming," said student Jill Larner. "We want to be midwives, we want a program."

The opposition NDP believe more needs to be done for women to access midwives, especially in northern Manitoba.

"Women have the right to their birthing plans and to be able to birth their children in their community," said Nahanni Fontaine, MLA for St. Johns.

THE CANADIAN PRESS

> **We were floored, we had no idea it was coming.**
> Jill Larner

FLIGHT PLANS

Westjet launches two new direct routes to Halifax

WestJet has made good on a promise to launch two new non-stop flights to Halifax.

Residents in Vancouver and Winnipeg will no longer have to touch down in Toronto or other cities to reach the east coast city.

"We're proud to be the only carrier in Canada offering travellers in Vancouver, Winnipeg and Halifax these convenient options," said Bob Cummings, WestJet Executive Vice-President, Commercial.

The new Vancouver-Halifax flight launched on Wednesday, while the Winnipeg-Halifax flight will start on July 2.

METRO

Welcome, Amigos!

Mexican President Enrique Peña Nieto and U.S. President Barack Obama join Justin Trudeau in Ottawa for the North American Leaders' summit on Wednesday. TORSTAR NEWS SERVICE

The three amigos are together again, this time with new blood, as Prime Minister Justin Trudeau welcomed leaders from both the United States and Mexico Wednesday.

Mexican President Enrique Peña Nieto and U.S. President Barack Obama joined Trudeau in Canada's capital for a historic state visit cheekily dubbed the Three Amigos summit.

The trio quickly got down to business, announcing a wide-ranging North America clean energy partnership and discussing Indigenous rights. Throughout the day, the three world leaders lived up to their nickname as "amigos," joshing about North American spelling differences in their place cards and attempting an awkward three-way handshake.

Speaking to the press, the three leaders reiterated the importance of cooperation, in light of Donald Trump's divisive campaign and the results of Brexit.

Prime Minister Justin Trudeau, Mexican President Enrique Peña Nieto and U.S. President Barack Obama in Ottawa on Wednesday. THE CANADIAN PRESS

The trio shakes hands as they take part in a family photo at the North American Leaders' Summit in Ottawa. THE CANADIAN PRESS

Obama arrived on Parliament Hill on Wednesday evening, just before he was set to make an address to the House of Commons. He was greeted by Ottawa school children who spoke a variety of languages.

Obama went a bit off-script toward the end of the joint press conference, choosing to go on a "rant" — his own words — about the misunderstanding of the word "populism." Pena Nieto and the media had repeatedly referred to Trump's style of leadership and the anti-immigration sentiments of Brexit as populist.

"I'm not prepared to concede the notion that some of the rhetoric popping up is populist," he said. Obama said his electoral victory, based on a platform about improving the lives of workers and lower and middle-class people, proves that "populism" is not a synonym for "cynicism."

Two topics — Brexit and Donald Trump's contentious campaign — dominated the conference. While no one disparaged Trump, all three leaders warned about "demagogues" who think they can rule by appealing to people's basic instincts.

EQUALITY

Talks focus on inclusion

The leaders of North America have called on the international community to "ensure full respect" for LGBTQ people, as Canada and the United States pledge to step up equal rights advocacy at home and abroad.

In a joint statement at the North American Leaders Summit in Ottawa, Canada, the U.S. and Mexico promised solidarity with LGBTQ communities as 2016 Pride celebrations begin.

"Appalled and saddened by the recent events in Orlando, Canada, Mexico, and the United States call on all members of the international community to ensure full respect for the human rights of lesbian, gay, bisexual and intersex persons," the statement read.

The push comes after the deadliest mass shooting in U.S. history, when a gunman murdered 49 people at a gay nightclub in Orlando earlier this month. It also comes as Mexican President Enrique Peña Nieto moves forward with legislation to legalize same-sex marriage in his country.

TORSTAR NEWS SERVICE

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Relatives of 27-year-old flight officer Gulsen Bahadir, a victim of Tuesday's attack on Ataturk airport, weep at her flag-draped coffin during a funeral ceremony on Wednesday. GETTY IMAGES

Turkey grieves its loss

ATATURK AIRPORT

Authorities blamed Daesh for attack that killed 42

It was an attack that echoed the carnage earlier this year at the Brussels airport, down to the taxi that carried the men to their target: Inciting panic and then taking lethal advantage, three suicide attackers unleashed a deadly tide of bullets and bombs at Istanbul's Ataturk Airport, leaving 42 dead.

Authorities blamed Daesh for the bloodbath late Tuesday, a co-ordinated assault on one of the world's busiest airports and on a key NATO ally that plays a crucial role in the fight against the extremist group.

There was no immediate claim of responsibility by the militant group.

Although the attack took a heavy toll, the assailants were initially thwarted by the extensive security on the airport's perimeter, Turkish officials said.

"When the terrorists couldn't pass the regular security system, when they couldn't pass the scanners, police and security controls, they returned and took their weapons out of their suitcases and opened fire," Turkish Prime Minister Binali Yildirim said.

One attacker detonated his explosives downstairs at the arrivals terminal, one went upstairs and blew himself up in the departure hall, and the third waited outside for the fleeing crowd and caused the final lethal blast, two Turkish officials said, speaking on condition of anonymity because they weren't authorized to speak about the investigation publicly. None of the attackers were Turks, a third official said. THE ASSOCIATED PRESS

UNITED KINGDOM

A fight for leadership, post-Brexit

Britain has not yet quit the European Union, but it has already left politics-as-usual far behind.

Conservative Party contenders began to emerge Wednesday to replace Prime Minister David Cameron in the wake of Britain's vote to leave the bloc, while the head of the opposition Labour Party tried to cling to power in the face of a growing rebellion in party ranks.

Cameron's successor will get the poisoned chalice of becoming the country's next leader and negotiating Britain's exit.

The first contender to make it official was Work and Pensions Secretary Stephen Crabb.

Stephen Crabb

Theresa May

The 43-year-old Crabb, raised by a single mother in public housing, said he would offer "resilience, optimism, humility, strength." Although he backed the "remain" side, he promised to deliver a "negotiated exit" from the EU. Crabb is running with Business Secretary Sajid Javid — who would serve as his finance minister — on what has been dubbed a blue-collar ticket. Both come from working-class backgrounds.

Home Secretary Theresa May, who backed the "remain" side but is seen as competent and experienced, is also expected to run. May, 59, could appeal to Conservatives who mistrust Johnson. THE ASSOCIATED PRESS

BENGHAZI REPORT

'Move on' unlikely: Republicans

Hillary Clinton says it's "time to move on" after a congressional report on the deadly 2012 Benghazi attacks accused the Obama administration of lethal mistakes, but produced no new evidence pointing to wrongdoing by the former secretary of state.

Not likely, especially in an election year with Clinton's presidential rival — Donald Trump — lashing out.

An 800-page report by a special House committee makes no direct accusations of wrongdoing by Clinton, who was secretary of state during the Sept. 11, 2012, attacks that killed four Americans, including U.S. Ambassador Chris Stevens.

Still, Republicans point to Benghazi as a major failure by the administration and by Clinton during her tenure leading the State Department. The issue is likely to shadow Clinton as she continues her bid for president.

Hillary Clinton THE ASSOCIATED PRESS

"Four Americans died, yet no one has been fired. No one even missed a paycheque," said Rep. Ed Royce, R-Calif., chairman of the House Foreign Affairs Committee. "Americans — including all our men and women serving overseas — deserve better."

Clinton, now the presumptive Democratic nominee for president, said the report by Republicans on the House Benghazi Committee took more than two years and $7 million but "found nothing to contradict" the findings of earlier investigations. THE ASSOCIATED PRESS

What's Canada's favourite city?

On the occasion of our home and native land's 149th, we decided to settle once and for all which Metro city is the best in the nation. We asked prominent denizens in each of them — Vancouver, Edmonton, Calgary, Winnipeg, Toronto, Ottawa and Halifax — to extol their town's virtues. Judge for yourself!

Winnipeg

What I love most about Winnipeg is the big sense of community. I love Winnipeg and I love that throughout my speed skating career the community was always there to support me.

When I started skating at the club level, I was fairly old, being 18 years old at the time. It looked like I didn't have a hope, I was so bad when I started, but my coach and the entire speed skating community believed in me.

To me, that's what I love about Winnipeg, anytime you need help or support the community is there, they're always ready to give a hand.

I had to move to Calgary because that's where the (speed skating) oval is, but throughout my skating career, even from here I could feel that support.

I miss Winnipeg so much. I'm always talking to my friends about how great Winnipeg is, but no one understands. They think Winnipeg, they think of the cold and the big mosquitoes. But it was a great place to grow up and I love Winnipeg.

Cindy Klassen
Olympic speedskater

Ottawa

"This is a dream place to raise a family, especially when you have two young boys like my wife, Nicole, and I do.

It has all the resources of a city, without the worries of big-city living. Also, the people here make Ottawa what it is. It doesn't feel like a city. It feels like one large community.

Also, people care about each other and they support each other here. We made the move from Calgary out here because we saw it as a long-term solution to what we were looking for. Nicole and I came out to visit the city and saw what it has to offer, plus the close proximity to where she grew up (in Maryland). That's the kind of access we've always wanted when it came to our family and friends.

Our sons love it out here, too. For kids, it's always hard because they think, 'Man, I lost all my friends back in Calgary,' but once they got out here, they started to meet the neighbours and meet their kids and develop their own friends. Now, there's no looking back. "

Henry Burris
Ottawa Redblacks

Toronto

"For me Toronto is the perfect mix of fast-paced city life and laid back neighbourhood barbecues. I can lose myself in the wilds of High Park, searching vainly for escaped capybaras, or hop onto a packed subway train and lose myself (and my friends) in the hustle of Canada's biggest Pride festival.

Toronto is a city that offers me more types of authentic food than there are communities living here making it. We are a city of diversity with distinct neighbourhoods that offer their own feeling and flavour without ever being unwelcoming.

Toronto has a certain grit, but you'd be hard pressed to see it as we like to keep things clean. If we are accused of being too busy it's only because we have so many ways to fill our time. A thriving comedy scene, an epic fringe festival, concerts, Jays games — Toronto never stops throwing out things do and see.

I am pleased to call Toronto home, well, except during the Indy weekend but, hey, no city is perfect right?"

Gavin Crawford, comedian

Halifax

"It's such a small-town vibe. Everyone's so nice and they look out for each other but it still has everything you want in a city. I'm so proud, every time I say I'm from Halifax I always know the reaction's going to be good.

We have our own culture there. Our own music culture, and we've really kept our roots but are still like a city - not a lot of people think that Halifax is an actual city. It has everything that a major city has, except it has maintained its uniqueness. "Everyone's always like either 'Wow, I really want to go there,' or they went and had the best time, and everyone's so nice. I forget, every time I go home it's just so beautiful, the waterfront, and the lakes and ocean."

Ria Mae
Juno-nominated singer

Calgary

Calgary's greatness is in its very Canadian capacity for opportunity. Since well before Confederation and Treaty, we have been a place where—no matter where you come from, what you worship, or whom you love—you have the opportunity to lead a great Canadian life.

This makes Calgary incredibly resilient. We are a community that understands that our neighbour's success is our success and, conversely, our neighbour's failure is our failure. No matter the challenges we may face—be them economic, environmental, or social—we are all committed to this community.

We are all in this together and we all have the power, through our service, to improve our community. As we celebrate Canada's 149th birthday, let's consider a gift to our nation. Let's each give three gifts of service to our community this year—and every year. We have the power to make Canada even better, and Canadians can change the world.

Naheed Nenshi
Calgary mayor

Edmonton

I really like the mixture in Edmonton of an inventive, entrepreneurial spirit – you know, go do it, you can do anything – with a spirit of co-operation as well. People will help you. Those two things that come together in Edmonton make it a great place for a creative person, whether that's someone who wants to start a business or solve a problem, or an artist.

I've really come to enjoy that spirit in the city. It's the spirit behind the fringe festival and Bioware and PCL and Stantec and all the big companies. I feel like it's the kind of city where anyone can show up from anywhere, and overnight they can be a leader. You don't have to have been in the city for seven generations, or to have gone to the greatest schools.

It's an unpretentious, open-hearted city. And that spirit makes for a lot of fun – great restaurants, great activities, lots of art. It's a fine laboratory of a city.

Todd Babiak
Writer

Vancouver

Vancouver has a feel of a small town rather than a megacity, and I love the feeling of ease in navigating the streets. I love the proximity to the ocean and the mountains and the climate.

We are now an urban animal, so it's important to seek out nature in our surroundings — gardens, parks, creeks or woods.

Appreciating nature is the challenge of our time as young people spend hours in front of a computer, cellphone or television screen and only a few minutes outside every day.

Now, virtual reality seems to offer experiences that are better than reality: car races and gunfights without

threats to survival, sex without danger of STDs, virtual nature without risk of injury or harm.

Nature is the very source of our lives and happiness, clean air, water, soil and biodiversity. Yet how will we appreciate that, and fight to protect it, if we don't experience it?

David Suzuki
Environmentalist

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CANADA DAY DIALOGUE

Face it: Justin's kind of a dork

Even though he has right honourable status, and even though the rest of the world is swooning, there's just something about him we find a little goofy. We can't quite put our finger on it, but, **come on, you know it's true.**

MATT LAFORGE **ROSEMARY WESTWOOD**

Westwood: Let's set the parameters. We're not talking about what the haters think.

LaForge: No. There are people who actively dislike him, call him an airhead, shallow, stupid, and superficial.

Westwood: But this isn't about them. We're talking about the spectrum of people who like him to those who are indifferent — they're rolling their eyes, somewhere deep inside, every time they see him. Do you think everybody thinks he's dorky?

LaForge: No doubt in my mind. Like that photo in the canoe, where he's wearing his dad's buckskin jacket, and he's got a life jacket on! I mean, he's doing the right thing, he's being prime ministerial, in a certain sense, but that is not a rugged look.

Westwood: He always looks like he's trying to sell perfume, you know?

LaForge: Somehow his dad seemed more genuine, and Justin's way more choreographed and self-conscious. I can't think of an unproblematic word for non-masculine, but whatever it is, that's what he is.

Westwood: It is all about his more effeminate qualities. So is all the right-wing hater-talk too, I think. And I get it. Even when he was talking at the press conference with the presidents of Mexico and the U.S., he sounded like Mr. Rogers. He's really not that commanding. Sort of all carrot, and no stick.

LaForge: He's like captain of the debate team in those settings — almost like he's mimicking statesmanhood.

Westwood: He's mimicky, yes.

LaForge: So you think whatever people are picking up on is inseparable from the idea of a continuum of masculine/feminine traits?

Westwood: Yes, totally. It's sexism on a spectrum.

Notice the life jacket. CP

LaForge: This might be my liberal guilt talking, but I feel like you can refer to a man as overly delicate, overly refined, overly slick without thereby saying that he's feminine.

Westwood: I disagree. It's the idea of power, and what power should look like, which is masculine. So anything that's not masculine is de facto undermining his power, and is de facto feminine. I mean, he's kind of buff, but he has the soft features, and the soft hair, and the soft voice, and the soft mannerisms. Even the elbow-gate video! He was like the mom sternly walking across the room. But everyone lives on the spectrum of gender and has a mix of these components we traditionally call male and female. For Trudeau, I don't think it's a problem, but we tend to feel goofy about the ways he's not 100 per cent pure-grade masculine.

LaForge: What about Jack Kennedy? He looked the same way. He had that patrician softness in his face, but he fought in World War 2. Is it that it? Is it Kennedy's resumé?

Westwood: I doubt it, but I wasn't around so I don't know!

LaForge: Maybe if you're killed like that, in such a gruesome, bloody way, you automatically get to be remembered forever as tough.

Westwood: Or maybe we're in a more hyper-masculine world now. By the way, I think Justin Trudeau looks like a beaver. Look it up.

LaForge: (Silence.)

Westwood: He's a goody-two-shoes!

LaForge: That's it. That's the term. And that's not what Harper was. Harper was straight-laced, but he had sort of a darkness around him.

Westwood: And a lot of time Trudeau's unbridled optimism is also seen as somewhat feminine, too.

LaForge: Like naive. So what do we want? Because Vladimir Putin is seen as ridiculous, though I'm sure there are lots of people in Russia —

Westwood: — who might love it! But I think Trudeau's gushiness, I think it's working for him. I think people find it charming how not-tough he is. Even in boxing, his most masculine setting, it's just like, "Oh, Justin…"

LaForge: It could be an English-French thing, too. I've heard he's a lot more convincingly a man of action in French.

Westwood: That might be something.

LaForge: Maybe his accent — which is subtle but prominent — makes him sound too earnest.

Westwood: Hyper-earnest. And he'll never get rid of it, no matter how many yoga poses he does. You almost want to poke his belly, it's like that kind of a feeling.

LaForge: What's the word for that?

Westwood: What is that word? I don't know. But whatever it is, that might be it.

Matt LaForge is Metro Canada's features editor
Rosemary Westwood is Metro Canada's national columnist

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metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

In Disney's fantasy-adventure The BFG, a precocious 10-year-old named Sophie (Ruby Barnhill) befriends The BFG (Mark Rylance), a Big Friendly Giant from Giant Country. HANDOUT

A towering tale of friendship

ADAPTATION

Look way up, Roald Dahl's BFG makes it into theatres

Richard Crouse
For Metro Canada

If you are not a Roald Dahl fan the term The BFG almost sounds like something you might call someone you don't like.

If you're familiar with the Dahl's work, stories like James and the Giant Peach, Charlie and the Chocolate Factory, Matilda and Fantastic Mr Fox, you'll already know The BFG stands for The Big Friendly Giant.

Just in time for the 100th anniversary of Dahl's birth, Steven Spielberg brings the towering tale of an orphan girl who befriends a taller-than-tall giant to the big screen.

Mark Ryland, last year's best supporting Oscar winner for Bridge of Spies, plays the BFG but he's not the film's only leviathan. Giant Country is filled with "cannybully and murderful" goliaths with fanciful names like The Childchewer and The Gizzardgulper.

They are the BFG's brothers, behemoths so huge if six-foot eight-inch Cleveland Cavaliers forward Lebron James stood next to them he'd only come up to their ankle. They're fearsome but Meatdripper portrayer Paul Moniz de Sa is quick mention, "There's still a lot of joy in the giants."

"We were going more for goose bumps," says Michael Adamthwaite who plays the Butcher Boy. "The film does a good job of showing [kids] how to overcome that fear and finding confidence and being brave and standing up for what you believe in."

Creating a world for the giants to inhabit involved groundbreaking technology to blend the live-action elements with performance-capture techniques. The richly detailed Giant Country, where swords are used as sewing needles and sailing ships double as beds, was brought to vivid life on soundstages in Vancouver last year.

"It was a big empty space and you had to use your imagination to feel the different elements," says Daniel Bacon who plays Bonecruncher. "There was tape on the floor and it was explained that something would be here, and something would be there. We relied on Steven telling us and being very descriptive about what it would look like."

"We also had the wonderful concept art to fall back on," says Adamthwaite. "For all the locations there was a big concept art poster and then there was the virtual camera which is technologically way beyond my brain power, but it is so crisp and the technology has advanced so quickly that now we are at a point that even though we were in a carpeted room with tape on the floor we had the benefit of being able to look over to a large screen monitor and see these almost real time, almost full renderings of our characters."

The result of the high tech work is a film that has so little to do with today's kid's entertainment it feels as though it's a relic from another time, a singular holdover from a day before Minions gurgled and everything was awesome. Adamthwaite credits Spielberg for finding the right tone.

"While some directors may be pushing the boundaries of being cutting edge. He always sees the film through the audience's eyes. He's very aware and astute of what will work in terms of what the audience appreciates."

MOVIE RATINGS by Richard Crouse

The Legend of Tarzan	★★★
The BFG	★★★★
Swiss Army Man	★★★★
The Daughter	★★★★
Weiner	★★★★

HOW RATING WORKS	
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★★	UP TO YOU
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When the stars take over the production

TREND

More actors controlling their destiny by producing

John Legend (clockwise), Brad Pitt, Steve Carrell and Reese Witherspoon have all worn the producer's hat. ALL PHOTOS GETTY IMAGES

The actor's longtime lament: "What I really want to do is direct." The revised version: "I want to produce."

More entertainers are getting the chance to play the role of producer as the expanding universe of cable channels and, especially, online platforms make for big opportunities on small screens.

With motivations ranging from passion projects to career advancement, stars — and even their journeymen counterparts — are getting into the game.

"Actors need to produce because they need to control material and be ahead of the business," said Roy Ashton, the Gersh Agency's head of TV. "With the Netflixes and Hulus and everything else, it's really about owning content, controlling it and controlling your destiny."

The flashiest examples remain theatrical releases from heavyweights such as Brad Pitt, who's dabbled in TV but largely used his clout to help produce films including the Oscar-winning 12 Years a Slave and Selma.

Pitt is making serious TV forays as a producer for the upcoming miniseries Lewis and Clark and the limited series Feud. Actress and film producer Reese Witherspoon (Wild, Gone Girl) is producing and starring in the announced limited series Big Little Lies.

While individual responsibilities vary depending on the project, a producer or production team's tasks include obtaining financing and supervising casting, writing and the director who will guide filming.

Amid the crush of outlets and shows jockeying for viewers, a celebrity's behind-the-camera involvement may be seen as a way to build a project's buzz.

Actors who have a way with words can become sought-after producers, the result of TV's traditional reliance on writer-showrunners in contrast to filmdom's worship of directors. Tina Fey (Unbreakable Kimmy Schmidt) and Amy Poehler (Broad City) are among the examples.

"People like Amy and Tina are being given production deals by networks looking for these people to expand on their voice," said Steve Carell, who wears a producer's hat for Angie Tribeca, TBS' police parody series.

Music star John Legend is an increasingly active producer with projects for TV (Underground) and the big screen (filmmaker Cary Fukanaga's in-development The Black Count).

He dismisses any notion he's in it for the so-called vanity credit which, with a monetary bonus, can be a lure for some.

"People find out pretty quickly I don't just do it to slap my name on things," Legend said. "I care about the kinds of stories being told under my name, so I try to interact with writers and directors as much as possible."

Although today's biggest names can't ensure success — HBO reversed its decision to renew the drama series Vinyl for a second season despite the involvement of producer-creators Mick Jagger and Martin Scorsese — Survivor's Remorse is returning July 24 for its third season on Starz with Mike O'Malley, a veteran actor (Glee, Yes, Dear) and writer (Shameless), in charge as creator and executive producer.

The talent — as the entertainment industry collectively labels performers — may produce to ensure their own juicy roles. But as performers themselves tell it, other motivations can be equally or more compelling.

Making a stand

The changing world of TV offers more opportunities for stories told by and about people of colour and other minorities — especially notable given this year's all-white slate of Oscar acting nominees.

"What's great about television right now is there are so many different avenues for content. It allows television to have real diversity," Legend said.

"Any of us who have power should try to use that power to tell great stories that reflect what's happening in the world and reflect the audience that's out there," he said. "They are thirsty for content featuring people who look like them."

Bridging the gender gap

In an industry in which men dominate on- and off-screen jobs, producing is giving women an influential path. Witherspoon's production company, for example, has focused on film and TV projects with female protagonists.

After Joanne Froggatt read a gripping script about Mary Ann Cotton, a 19th-century serial killer in England, she used the cachet she gained as Anna Bates on PBS' hit drama Downton Abbey to help drive Dark Angel.

As associate producer as well as star, Froggatt was tasked with getting PBS' agreement to air the miniseries, due in 2017, and had a hand in choosing the director, hair and makeup artists, and costume designer.

"It's not something that happens a lot in television in England, much more so in the States," the British actress said.

"It's really nice to voice that opinion and be heard," she added.

Show biz

The chance to develop entrepreneurial muscles and avoid employment slumps that are all too common in the acting game are other reasons to turn producer.

For Sean Hayes, the eye-opening moment came when he realized the long-running sitcom Will & Grace and his role as Jack were soon to end and, he says, "I needed a place to go in the morning. I looked around the soundstage and all of a sudden it hit me: How did all of this come together?"

His curiosity led him, with friend Todd Milliner, to launch a busy production company whose series include Grimm, Hot in Cleveland and Hollywood Game Night.

Putting the pieces together "enables me to keep working and keep my mind being creative," Hayes said.

THE ASSOCIATED PRESS

Tarzan reimagined for a new century

Alexander Skarsgård is the new Tarzan. CONTRIBUTED

CULTURE

Problematic colonial themes tossed for more palatable plot

Tarzan may be among America's classic fictional characters, but he's not beyond reproach.

Like so many well-worn tales, Edgar Rice Burroughs' Tarzan was borne of a vastly different time more than 100 years ago, when narratives rooted in colonialism, white saviours and African stereotypes were the norm. Throughout the decades, Tarzan also became a staple of Hollywood — there have been 52 authorized films and seven television series that have told the tales of the King of the Jungle.

For a bygone era, he's the model romantic adventurer. Today, he's a blemish on the history of literature and film.

The Legend of Tarzan, out Friday, is the first big-budget studio attempt to take on the character in the modern CGI world. Not only does the Warner Bros. film show feats of derring-do that not so long ago could only be imagined, but it also endeavours to spin a more contemporary story for today's sensibilities.

As with Hollywood's other recent adaptations of beloved tales stories with outmoded values, the Tarzan filmmakers did the delicate dance of trying to both preserve its original spirit while also correcting or even discarding its problematic origins. Their approach was to infuse the story with historical perspective, then bake it all into an action-adventure worthy of the superhero generation.

Though there are those who would sooner see Tarzan left for the ages, the character's roots are so deep that they've become archetypal.

"Edgar Rice Burroughs just tapped into a primal myth of humanity," said Scott Tracy Griffin, author of Tarzan: The Centennial Celebration and the forthcoming Tarzan on Film. "He is an orphan who is stranded and must find a way to his manhood and to reclaim his legacy."

Alexander Skarsgård, the latest leading man to do the Tarzan yodel, noted too that "people have always been very fascinated by our more animalistic side and the notion of the noble savage."

He also acknowledged those troubling origins.

"At the time it was written, the way people in Western Europe and in America viewed indigenous people was quite horrific and it was quite common. It was widespread, the notion that they were an inferior race," Skarsgård said. "It was very obviously important to steer away from the notion of like the white man coming down to Africa to save all the black people because they can't save themselves ... the movie is about them kicking the colonizing force out of the country."

> **At the time it was written, the way people in Western Europe and in America viewed indigenous people was quite horrific and it was quite common.**
> Alexander Skarsgård

This film introduces Tarzan at mid-life — already married to Jane (Margot Robbie) and living in England as Lord Greystoke — long past his vine-swinging days. When he receives an invitation from King Leopold to visit the Congo and see the Belgian leader's work there, it's George Washington Williams (Samuel L. Jackson) who convinces him to go and find out what's really happening to the native people.

The injection of Williams — a real-life historian and Civil War veteran who exposed atrocities of the Congo — into the Tarzan mythology helped director David Yates ground it in a historical context. It also helped them turn away from some of the story's less palatable elements.

"It wasn't difficult to jettison those very old-fashioned aspects of the story because it doesn't belong to our century," Yates said. THE ASSOCIATED PRESS

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FILM

Alzheimer's doc full of Spirit

As Jill Daum watched her husband John Mann play one final show with his Spirit of the West bandmates back in April, any feelings of sadness were washed away by the warmth of the crowd.

The emotional performance offered some solace during what has been a challenging time for Spirit of the West — particularly Mann and his family.

In 2014, the frontman was diagnosed with early onset Alzheimer's disease at age 52.

"There was this tsunami wave of love that was so uplifting," Daum recalled of the Vancouver band's performance in front of hometown fans at the Commodore Ballroom. "John says that he is fortunate in an unfortunate way. We really feel that way, with the way that fans have been so supportive and have been giving him so much love.

"People were beaming. Like, smiling, just grinning throughout the whole concert. It was really uplifting. We thought it was going to be sad. It wasn't at all." The band's story and Mann's battle with the disease are chronicled in the documentary Spirit Unforgettable, which

Jill Daum and her husband John Mann, lead singer of Spirit of the West. THE CANADIAN PRESS

airs Friday on HBO Canada and first screened during the recent HotDocs festival in Toronto

The film charts the launch and evolution of the group, which formed in 1983.

Through archival footage and interviews, viewers follow the band as they cross continents to record and perform their unique mashup of Celtic, folk, rock and punk, including the sing-along pub favourite Home for a Rest.

Spirit Unforgettable also tracks their preparations for a goodbye concert at historic Toronto concert venue Massey Hall — all the more poignant given Mann's diagnosis and the toll the disease has taken on his health and ability to perform.

Daum said she was particularly moved by a moment in the documentary when Paul Hyde of the Payolas performs a favourite song of Mann's: I Miss My Mind The Most. "When he got diagnosed with Alzheimer's, it was something we said in the house all of the time: 'Of all the things I miss, I miss my mind the most,"' Daum said.

"It just chokes me up right now even just to talk about it," she added, her voice quivering. "Having Paul sing that song for John to him like that, I just love that." The film also offers its share of levity, including many moments that had Daum in stitches. "I laughed a lot about some of John's hairdos.

"The camaraderie and the humour of the band, to me, really is the story of this film. How these fellows band together and support each other in adversity, I just think is stunningly beautiful."

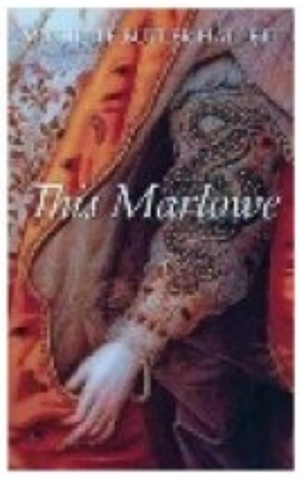
Spirit Unforgettable will re-air on HBO Canada on July 4 and July 7. THE CANADIAN PRESS

5 BOOKS TO SEE YOU THROUGH THE LONG WEEKEND

Just in time for Canada Day celebrations, here are five recent reads that travel the world — no passport or time machine required **SUE CARTER/FOR METRO CANADA**

1 A Different Kind of Daughter: The Girl Who Hid from the Taliban in Plain Sight by Maria Toorpakai and Katherine Holstein

Maria Toorpakai's story, and memoir, is nothing short of incredible. Born in 1990 in Pakistan, the athletic Toorpakai disguised herself as a boy, changed her name to Changez Khan, and became a street fighter before eventually training as a weight lifter. Toorpakai later discovered an immense talent and love for the game of squash, but in order to play she had to reveal her gender, which made her a target for the Taliban. Thanks to her supportive father and coach, Canadian player Jonathon Power, Toorpakai — who trains in Toronto — is now one of the top 50 players in the world, and a dedicated activist for women's rights.



2 This Marlowe by Michelle Butler Hallett

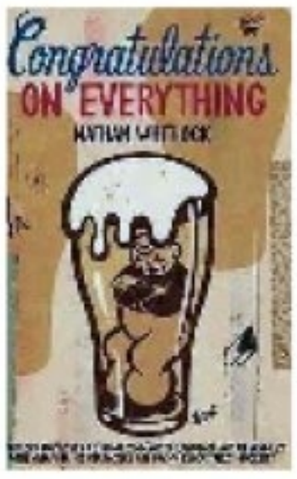
Before Willie Shakespeare, there was Christopher Marlowe, a charismatic cobbler's son turned playwright — and purported British government spy. St. John's author Michelle Butler Hallett fictionalizes Marlowe's last months before his death in 1593, depicting a man torn between political and personal allegiances, and a country in turmoil (with eerie similarities to contemporary events). Hilary Mantel fans will want to pick up this historical novel by one of the East Coast's most underrated authors.

4 Do Not Say We Have Nothing by Madeleine Thien

Madeleine Thien's 2011 novel, Dogs at the Perimeter, was internationally lauded, and it's expected that her third novel will receive the same response. Do Not Say We Have Nothing follows two generations of two Chinese families through the 20th century, from Mao's Cultural Revolution to Tiananmen Square. This is an ambitious, beautifully written book, with layers of stories within stories and timeshifts ands slow savouring over the summer months.

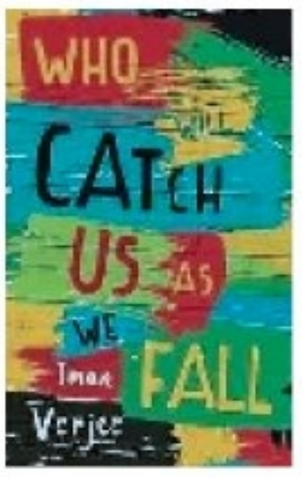
3 Congratulations on Everything by Nathan Whitlock

Making your way in the world today takes everything you've got, or so learns Jeremy, a schlubby, middle-aged Toronto bar owner whose most distinguishing feature is the heavy stock of keys he wears around his spreading waist. Jeremy's obsessive need to play the nice guy — coupled with his obsession with a self-help charlatan named Theo Hendra, and an increasingly unhealthy sense of pride — means Jeremy's beloved bar, the Ice Shack, is doomed. But Whitlock's darkly comic observations and sense of humanity keeps the story afloat.



5 Who Will Catch Us as We Fall by Iman Verjee

Set in the Kenyan capital of Nairobi, where Iman Verjee lived until 2014, Who Will Catch Us as We Fall examines tensions between the city's African and Indian communities through the eyes of a young woman named Leena, and of those with whom she comes in contact, including the son of her family's black maid and a corrupt cop. Verjee's fully drawn characters, observational talents and sense of place both educate and entertain.



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Canada, it's time to celebrate

FIREWORKS

Find one of the 1,368 Canada Day events all over the country

Jennifer Taplin

Winnipeg: home of the largest living flag. CONTRIBUTED

It's a day to celebrate what we have in common: a shared love of country, cultures and history. But each community wears the patriotism a little differently on July 1st. The Department of Canadian Heritage has a listing of 1,368 Canada Day events happening in communities big and small across the country. While it's pretty much a guarantee there will be cake, singing O Canada and enough fireworks to light up North America, some cities also throw in some unique Canada Day events.

Welcome to Winnipeg: home of the largest living flag.

Inviting folks to dress in red or white and then arranging them in the shape of the flag actually started in Victoria but Winnipeg took the idea and ran with it. Last year more than 3,800 people created a living flag in Shaw Park.

"They're bringing their best patriotic attire to assemble into basically one of Canada's largest living flags and at a really cool downtown location," said Rose Dominguez, with Downtown Winnipeg BIZ.

People show up an hour or two early, many are given T-shirts, and a local band helps to get the crowd pumped up.

"We have a singer who we bring up on one of the lifts we use to take the photo to sing O Canada and the whole crowd jumps in a creates this energy."

It's also a friendly competition with Victoria, Calgary, Langley, and Ottawa, which Winnipeg dominates, Dominguez said.

It must be hard not to feel a bit of ownership of Canada Day in Charlottetown, where confederation began.

Bob Doiron, Charlottetown councilor, said July 1st is a big day for the P.E.I. capital.

"Being the birthplace of confederation our residents are very proud of this and they enjoy the history," he said.

More than 25,000 people visit Charlottetown to celebrate with cake, a 21-gun salute, kids activities and a 10-hour concert

"At 10 p.m. we sing the national anthem and then we have a spectacular fireworks display and it's probably the biggest in Atlantic Canada."

How do they celebrate Canada Day in the nation's capital? In part, with aerial bombs.

Katherine Cyr, spokeswoman for the Department of Canadian Heritage, said about 350,000 people — a third of which are tourists — participate in Canada Day celebrations in Ottawa.

"Spending Canada Day in the capital region is just such a great feeling, there's so much going on, lots of streets are closed and it's just a big party."

And their fireworks show is not to be outdone. Cyr said this year they're having a pyro-musical (fireworks set to a soundtrack) and there will be over 2,000 aerial bombs.

"And 110 are the biggest allowed in Canada. It's going to be huge," she said.

Schedule your Canada Day festivities at The Forks

9 a.m.-10 p.m.
Splash Dash Boat Tours at The Forks Historic Port. Enjoy half-hour tours on the Red and Assiniboine Rivers, weather permitting.

9-11 a.m.
Living Flag at Shaw Park. Make yourself into the Canadian flag plus there's entertainment, a play area, and activities.

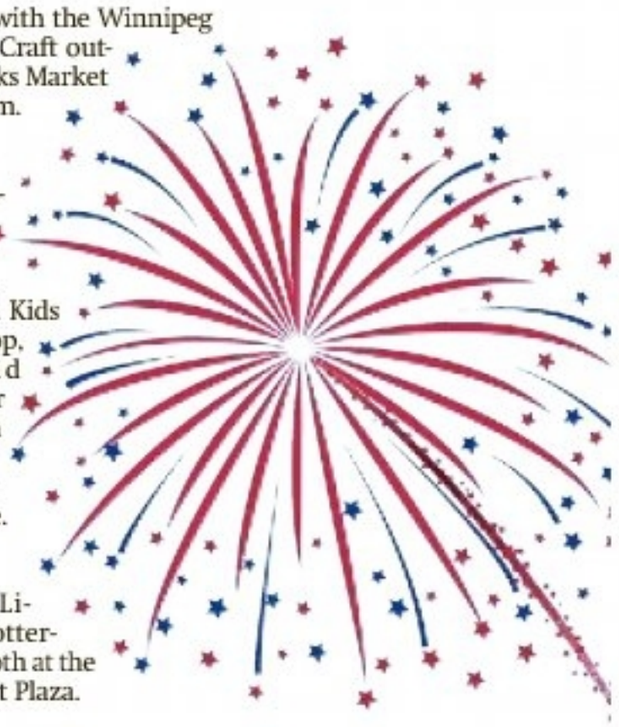
9:30 a.m.-3 p.m.
Childrens' Museum. Make a beaver puppet, learn facts about Canada and more.

10 a.m.–5 p.m.
Canadian Museum for Human Rights. Family-friendly activities and tours, and Canada Day admission is $5 for those wearing red, white or the maple leaf.

11 a.m.-11 p.m.
Osborne Village Street Festival. Check out the family fun zone, village market, food courts and more on Osborne Street.

12-9 p.m.
Founding Nations Tribal Village at the Oodena Celebration Circle. There will be traditional drumming, dancing and more.

12:30-6 p.m.
Canada Day Whimsical Wind Socks – Art with the Winnipeg Art Gallery. Craft outside The Forks Market Tower Atrium.



1-6 p.m.
IMPACT Obstacle Course at the Buskers Lookout. Kids can slide, hop, crawl and jump their way through this enormous obstacle course.

1-9 p.m.
Manitoba Liquor and Lotteries Photo Booth at the Forks Market Plaza.

1-10:40 p.m.
Canad Inns Family Fun Day at Assiniboine Park. This party has entertainment, cake and fireworks at 10:40 p.m.

6-10 p.m.
Festival Stage at The Forks. Musical performances by The Mariachi Ghost, Duotang, Kendra Kay, Mise en Scene, and Don Amero with the Winnipeg Symphony Orchestra.

12:30-10:30 p.m.
Under the Canopy. Performances including JD and The Sunshine Band, Joceylne Baribeau, Basic Nature, Roger Roger, Tresor Ezoman, William Prince, Panicland, FINN, Micah Visser, Ghost Twin, and VIKINGS.

11 p.m.
Fireworks, viewed from The Forks.

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metro HOME
Your essential daily news

Someone must be happy: Pharrell's Miami penthouse sells for $9.25 million U.S.

Wallpaper as wanderlust

TRENDS

The best new designs take you to another place

Wallpaper goes in and out of fashion. Right now, it's enjoying an "in" moment.

There are wildly creative designs coming out of studios all over the world. Some of the best take us on a journey to far-flung places both real and imagined.

Londoner Nina Campbell's new Fontibre collection for Osborne & Little is inspired by the travels of her great uncle, watercolourist Robert Hello Hutchinson Keightley. Her design Keightley's Folio is a gallery of his small landscape paintings, punctuated by little rosettes. Barbary Toile depicts a troupe of mischievous monkeys gamboling around the Rock of Gibraltar.

Matthew Williamson, also of London, found inspiration for his new collections in pre-revolutionary Cuba and the Amazon. Tropical motifs meet lush colours in wallpapers that are vibrant and evocative.

Flamingo Club has a retro feel, with pale pink flamingos strutting among orchids and ferns against a turquoise background. A summer trip to Costa Rica led to the creation of Williamson's Arici paper, on which playful parrots perch and swoop, their brightly hued wings brushed with gold. Slinky big cats prowl through a forest of peacock feathers on Leopardo, a print with a '70s vibe.

Nina Campbell's Fontibre collection is inspired by the travels of her great uncle.

"The print is a little bit wild — just like the animal itself," Williamson says.

Beastie Boy band member Mike Diamond and designer Vincent Ficarra of the company Revolver New York collaborated on a design for Flavor Paper called Brooklyn Toile. It incorporates Diamond's favourite memories of Brooklyn, featuring vignettes of Coney Island, the elevated subway, stroller moms and rap artist Notorious B.I.G.

The Australian company Milton and King's Funky collection of wallpapers depicts city life around the world, in far from conventional ways. Cheeky, colourful illustrations give us a sky-top view of giant robots battling between Tokyo's skyscrapers; discos and firemen's cookouts light up the streets of New York City; imps ride the London Eye.

German designer Katja Behre, based in London, takes us in a different direction: a dream-like journey into surreal worlds. In a colour palette that blends moody blues and greys with bronze and starlight, the wallpapers are playful and evocative.

In Les Voyages Fantastiques and La Terre a La Lune, characters in vintage photographs find themselves on faraway worlds, leaping from rocky promontories or boating on celestial seas.

Behre says she and her design team were captivated by Jules Verne's stories.

"Tales of journeys through space, or deep into the centre of the earth. We're inspired by turn-of-the-century scientific discoveries and travels, as well as other worlds and the cosmos," she says.

Finally, at Anthropologie, Louisianan artist Rebecca Rebouche brings us into her Enchanted Forest. It's a whimsical wood where butterflies are the same size as hot air balloons, trees don party hats, and seahorses have tea on a sunken sailing ship. Wonderland's Alice would love it on her wall.

THE ASSOCIATED PRESS

"I usually reference leopards when I'm looking to create a print that feels powerful, dynamic and full of energy.
Matthew Williamson, wallpaper designer

Artist Katje Behre creates ethereal wallpaper designs for her Elli Popp studio take one on a fantastic journey to imaginative, faraway places. She's inspired by the stories of Jules Verne as well the countryside, space and vintage photography. ALL PHOTOS CONTRIBUTED

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metro TRAVEL
Your essential daily news

Real-life Dirty Dancing resort in Virginia hosts themed weekends this summer

Three great Can-Con road trips

With the low loonie many Canadians are opting for staycations instead of heading abroad this summer. Load some podcasts, pack up a few snacks and hit the open highway to get the most for your hard-earned buck while exploring your glorious home and native land.

Melissa Dunne/For Metro

Vancouver to Tofino

Vancouverites can (momentarily) leave worries about soaring real estate prices behind and head to Tofino, B.C. Hop on the ferry to Nanaimo, then grab an ice cream cone at the Old Country Market in Coombs. Be sure to pack your bikini and binoculars for a day at Long Beach in Tofino, where you may spot a whale. On your return trip to Vancity hit up MacMillan Provincial Park before taking the ferry back to the city and the 9-5 grind.

Halifax to the Cabot Trail

Haligonians can hit the Trans-Canada Highway and head up to the Cabot Trail, N.S. Grab some suds from Big Spruce Brewing in Nyanza before heading over to the Alexander Graham Bell Historic Site in Baddeck to learn more about the inventor of the telephone. Make sure to allow a few days to drive the 580-kilometre Cabot Trail, where you can indulge in local mussels while taking in some folk music along the way before heading back.

Calgary to Jasper

Calgarians can get to Lake Louise, Alta. — which often looks as bright as a melted blue freezie pop — in about two hours. Channel your inner Trudeau (Pierre or Justin) and rent a canoe for the day when you get there. From there, drive up through Jasper National Park to the Miette Hot Springs. Depending on your affinity for the outdoors you can set up camp at the park, or rent a cabin near the hot springs. Cool off on your return to Calgary by driving through the jaw-dropping Icefields Parkway.

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metro SPORTS

QB Andrew Luck has signed a new $140-million, six-season contract with the Indianapolis Colts through 2021

Wave of deals rocks NHL

HOCKEY

Stamkos stays with Bolts, Subban and Hall traded

Fireworks popped off across the hockey world well before Canada Day and the annual start of NHL free agency.

Steven Stamkos agreed to remain in Tampa, P.K. Subban was dealt to Nashville for Shea Weber, and Taylor Hall was finally traded from Edmonton as the Oilers sought to rectify a long-standing issue on defence.

It was, all in all, one of the more thunderous days of activity in the recent history of the NHL, starting with Stamkos.

Lining up as the NHL's top available free agent heading into July 1, a 26-year-old who's produced more goals than any player but Alex Ovechkin since 2008, Stamkos opted to pull himself off the market, agreeing to remain with the Lightning on an eight-year deal.

The Markham, Ont., native could have chosen any number of NHL destinations, but the former No. 1 overall pick of the Lightning opted to remain in the only NHL home he's ever known, a place where his chances of continued success are perhaps best.

Tampa's roster is flooded with skilled, young talent, but also talent owed new contracts now or sometime soon. All of which made it imperative that Stamkos accept less than market rate, and that seems to be accomplished with a contract that comes with a reported $8.5-million US cap hit.

All-star blue-liners Shea Weber, left, and P.K. Subban are trading places. BRUCE BENNETT/GETTY IMAGES

> **I just feel good knowing that a team has moved someone to bring me in because they want me.**
> P.K. Subban

While the Lightning stayed strong, two Canadian teams made risky bets.

Canadiens general manager Marc Bergevin insisted that he was not shopping Subban, only to flip him to the Predators for an aging Weber less than a week later.

It's an exchange that tilts strongly in Nashville's favour given the age and productivity of the two defencemen.

Subban is almost four years younger than the longtime Nashville captain and tops every defender but Erik Karlsson in terms of point production over the past five seasons. Underlying numbers also suggest that Weber, soon to be 31, has hit his peak and is trending downward in recent seasons.

Weber's contract, additionally, doesn't expire until 2026, carrying a $7.8-million cap hit, while Subban's deal expires in 2022, though holding an extra $1.2 million on the cap annually.

Steven Stamkos GETTY IMAGES

Taylor Hall, left, and Adam Larsson GETTY IMAGES

"I'm excited. I really am excited. I think this is fantastic," said Predators general manager David Poile, sounding almost giddy. "I'm a general manager but some day I would like to be a fan and this is a guy that I would pay money to see. He's exciting to watch."

Like Montreal, Edmonton made a dicey deal, losing the best player of a trade that sent Hall to New Jersey for 23-year-old Adam Larsson.

It was a deal aimed toward solving a long-standing need in Oiler country: Edmonton was searching for help on defence.

The Oilers are betting on the upside of Larsson, a player who's yet to find a groove in the NHL.

The fourth overall pick of the 2011 draft, Larsson averaged a career-high of more than 22 minutes last season, starting a large majority of his shifts against top talent in the defensive zone. He produced only 18 points and struggled in the puck possession game.

Still just 24, Hall scored 26 goals and 65 points last season, falling off some in the second half.

THE CANADIAN PRESS

IN BRIEF

Bouchard advances to 2nd round at Wimbledon

Montreal's Eugenie Bouchard moved on to the second round of Wimbledon after posting a 6-3, 6-4 win over Slovakia's Magdalena Rybarikova on Wednesday.

The match was completed at the covered centre court at the All England Club after rain postponed matches on outdoor courts for a second straight day.

THE CANADIAN PRESS

Sanchez pitches Jays past Rockies for series victory

Aaron Sanchez allowed one run in eight innings and Josh Donaldson homered to lead the Toronto Blue Jays to a 5-3 victory over the Colorado Rockies.

Sanchez (8-1) allowed six hits, struck out three and walked two in extending his unbeaten streak to 12 games.

The Jays won their first series ever in Denver and their first overall since June 13-16, against Philadelphia.

THE ASSOCIATED PRESS

Harrison wants evidence in NFL's drug probe

Pittsburgh Steelers linebacker James Harrison wants the NFL to provide "credible evidence" before he agrees to an interview with league officials regarding a media report that linked him and other players to the use of performance-enhancing drugs. THE ASSOCIATED PRESS

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ASDowns.com

Jets' off-season intrigue begins

VIEW FROM THE 300S

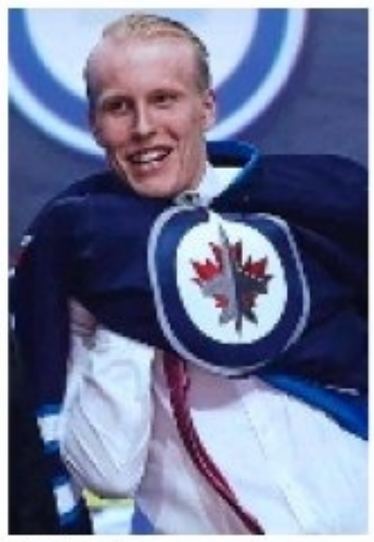
Andrew 'Hustler' Paterson

The Winnipeg Jets got their man at the 2016 NHL draft in Buffalo last weekend in the most anticipated selection for the franchise since the team arrived in Manitoba.

Fans gathered early at Investors Group Field and in watering holes around the city to see who the Jets would take and end the suspense around the selection. There was a belief among most that the Jets would select Finnish phenom Patrik Laine, but Kevin Cheveldayoff and his staff were their usual tight-lipped selves regarding the pick heading into the draft.

After the Leafs picked Auston Matthews first, as expected, commissioner Gary Bettman took to the podium and nearly gave heart attacks to Jets fans, announcing not one, but two trades before the second pick. Luckily neither involved the Jets and Chevy and his staff headed up to select Laine and get the party started in Winnipeg.

In Laine, the Jets get a dynamic offensive weapon with the potential to be a superstar in the NHL. It will probably be years before we see how good this young man can really be, but make no mistake, this is a player who at 18, is NHL ready and will contribute immediately as a top six forward when the season begins in October.



Patrik Laine GETTY IMAGES

Laine is in Winnipeg now getting to know the city, organization and a few of his new teammates. He won't do any on-ice work at Jets development camp, which begins this weekend as he rests and gets ready for the World Cup and the upcoming year. The young Finn will join Jets players Dustin Byfuglien, Blake Wheeler, Mark Scheifele, Jacob Trouba and Connor Hellebuyck in the September event in Toronto preceding the NHL regular season.

Cheveldayoff has now turned his attention to free agency on Friday. While the Jets would like to add some depth to the left side of the defence corps and their forward group, the focus in Winnipeg will be on the Jets' restricted free agents including Mark Scheifele and Jacob Trouba in particular.

"Patrik Laine is officially a Jet. That was the easy part for Kevin Cheveldayoff."

Scheifele seems to be a lock to sign a long-term extension with the Jets after a breakout season last year. Trouba's situation is a little less clear.

Reports surfaced out of Boston this week that the Bruins were preparing a monster offer sheet to Trouba, one that would garner the Jets four first-round draft picks as compensation if not matched. Cheveldayoff has always been steadfast that the Winnipeg Jets would match any offer sheet for one of their players, but four first-rounders would certainly give the GM something to ponder.

So Patrik Laine is officially a Jet. That was the easy part for Cheveldayoff and now the heavy lifting begins. The next few weeks will tell us much more about how the Jets will look come October when the pucks drops on another season.

IN BRIEF

Arrests made in former UFC fighter's death

Police in Edmonton have charged two people in the hit-and-run death of former UFC fighter Ryan Jimmo.

Jimmo, 34, was fatally injured from blunt force trauma after being run over by a vehicle early Sunday, following a fight in the parking lot of a bar.

Anthony Getschel, 23, faces several charges, including second-degree murder and criminal negligence causing death.

Jordan Wagner, who is 21, is charged with accessory after the fact to murder.

THE ASSOCIATED PRESS

Zika fears force golfer Pace to Rio sidelines

Lee-Anne Pace of South Africa has withdrawn her name from consideration for her nation's Olympic team out of concern about the Zika virus.

Pace, ranked No. 38th in the world, is the first player on the LPGA tour to cite Zika for sitting out of the Rio Games.

THE ASSOCIATED PRESS

2007 Boston Marathon winner banned for doping

Former Boston Marathon winner Lidiya Grigoryeva has been banned for 2-1/2 years for doping.

The IAAF says the 42-year-old Grigoryeva, who won the Boston Marathon in 2007 and the Chicago Marathon in 2008, was banned under the biological passport program, which tracks suspicious blood parameters over a long period.

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RECIPE One-Pot Dijon Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We not only love chicken thighs because they're a more cost effective protein but because they also cook up fast and love to soak up the flavor of this one-pot wonder's Dijon mustard and apple cider sauce.

Ready in
Prep time: 20 minutes
Cook time: 25 minutes

Ingredients
- 6 skinless, boneless chicken thighs
- Salt and pepper
- 1 tsp oil
- 1 minced shallot
- 2 cloves garlic, minced
- 1 Tbsp Dijon mustard
- 1/4 cup apple cider
- 1/4 cup low-sodium chicken broth

Directions

1. Preheat oven to 425 F. Generously season chicken with salt and pepper.

2. Add oil to a large oven-safe skillet over medium heat. Add chicken and cook for 10 minutes

3. Transfer the skillet to the oven. Roast until chicken is cooked through, about 6-8 minutes.

4. Transfer chicken to a platter. Return skillet to medium heat and add shallots and garlic; cook for about 1 minute. Whisk in Dijon mustard, apple cider, broth and a bit more salt and pepper; cook for about 3 minutes. Return chicken to skillet along with juices that have settled on the platter to rewarm. Serve with our favourite sides.

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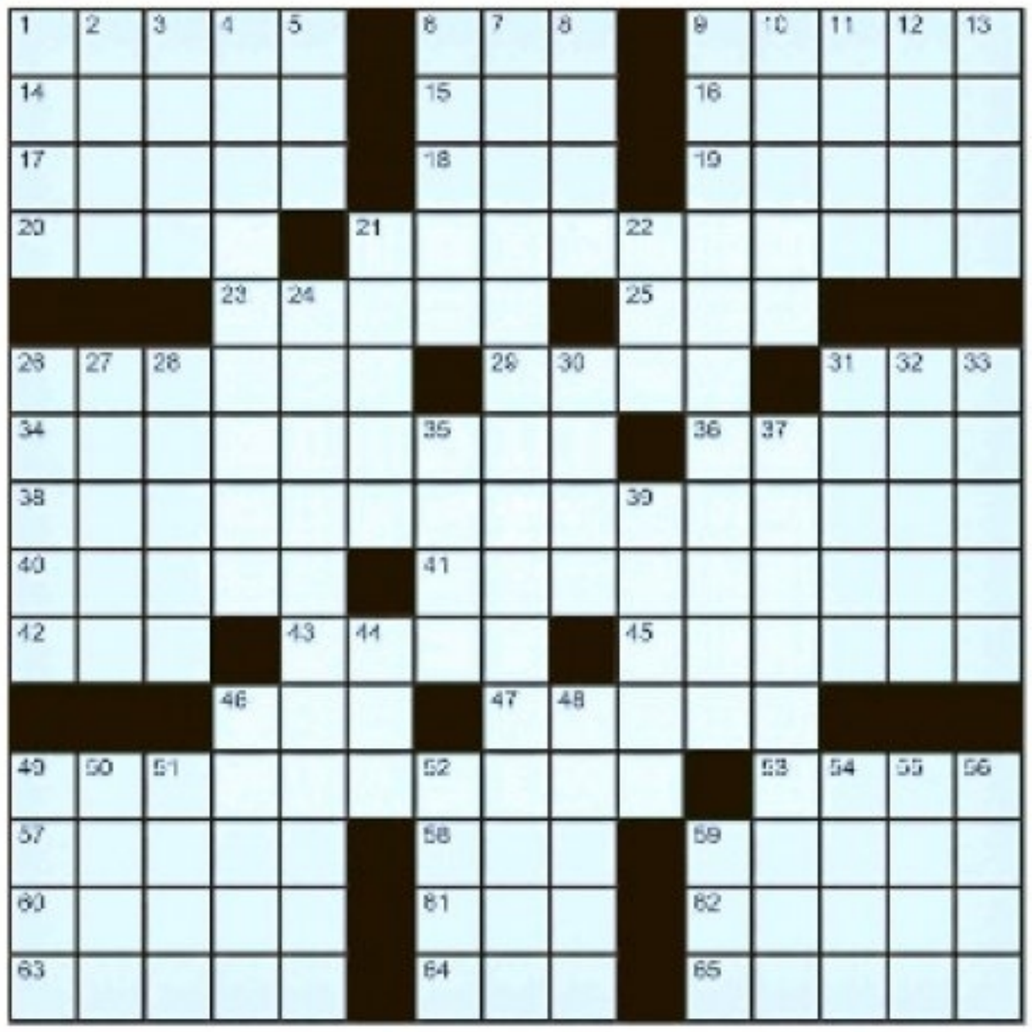
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Uncomplicated tune
6. Gladiator's 1550
9. Sherwood Forest's Tuck
14. American state
15. A-U link
16. Beach dance/game
17. Sea nymph
18. 1979 New Wave hit "Cars" singer ...his initials-sharers
19. Stave off
20. 'And', e.g.
21. Collectively cooperative
23. Coeur d'_ (City in #14-Across)
25. Auction ware
26. Driver's 'green' ride
29. Ms. Moreno
31. Swab-of-saliva scientific stuff
34. American comedy star who co-starred with Canadian comedy star Leslie Nielsen in "The Reluctant Astronaut" (1967): 2 wds.
36. 'Exped' ender (Explorer's excursion)
38. Looming presence in "The Shallows" (2016) starring Blake Lively: 3 wds.
40. Perspective
41. Worked up
42. Shag rug
43. Eternal City
45. Bed, upon rising
46. Toy-made dessert, _-Cone
47. Like some marsh-growing plants
49. Charlottetown, 'The _ of Confederation'
53. Dog in Beetle Bailey
57. Gaming legend
58. Vancouver International Airport's code
59. Bow and _
60. Rose's one-of-some
61. Romanian currency
62. Helmet protectee
63. Fishing net
64. Ambulance destinations, commonly
65. Stability providers at sea

DOWN
1. 'D' of CD
2. Prefix to 'syncrasy' (Mannerism)
3. Mountain lake
4. Thriller, "The Day of _ _" (1973)
5. Poet's 'far'
6. FOX News anchor Ms. Kelly
7. Package of prechopped vegetables for the home cook, _ _-_
8. Recede
9. Patriotic action across Canada on July 1st: 2 wds.
10. Rosie's WWII prop
11. "How _ _ Your Mother"
12. Hillside dugout shelter
13. US campus mil. program
21. Goat-antelope of Japan
22. Informer, to criminals
24. 1937 Lucy Maud Montgomery novel, Jane of _ _
26. Artist Mr. Degas
27. Hokey
28. Big lake of Russia
30. 1958: "To Know Him _ _ Love Him" by The Teddy Bears
31. Huntress of Roman myth
32. U.S.-Canadian airspace protection org.
33. Common sports injury site
35. Not us
37. Radiohead lead singer: 2 wds.
39. Chopin musical piece
44. Alley _ (Classic comic strip)
46. Summery hat material
48. Beiges
49. Gig for New Testament preacher John, briefly
50. Old Roman road
51. _-_-tat-tat
52. Country singer Mr. Lovett
54. Loyal
55. Cost
56. Graduation cap birds
59. Call upon

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today starts out with financial promise and good feelings at work. However, issues at home and with family members will be intense and emotional. Caution.

Taurus April 21 - May 21
You're in a good mood this morning, because the Moon is in your sign dancing with lucky Jupiter. Just remember to keep things mellow, especially when talking to siblings and relatives. (People are demanding.)

Gemini May 22 - June 21
On the whole, this is a feel-good day when dealing with others. However, disputes about money and possessions might arise, especially if jealousy is in the picture.

Cancer June 22 - July 23
Relations with others, especially romantic relationships, will be passionate and intense today. Some of you will fall in love with someone because it's simply irresistible. (Cary Grant, where are you?)

Leo July 24 - Aug. 23
You make a great impression on bosses and authority figures today. Do not let something brewing behind the scenes mar your good judgment.

Virgo Aug. 24 - Sept. 23
If you can travel today, you will enjoy doing so. Meanwhile, relationships with a friend might feel super-important today. Take it easy; this is a passing thing.

Libra Sept. 24 - Oct. 23
Be diplomatic talking to parents, bosses and the police today, because issues seem to be do or die — very important. Don't let your passions make you forget your main objective.

Scorpio Oct. 24 - Nov. 22
Be cooperative with others today because the Moon is opposite your sign; you have no choice. It would be wise to avoid controversial subjects.

Sagittarius Nov. 23 - Dec. 21
Disputes about shared property, inheritances and anything you own jointly with others will be intense today. Likewise, any romantic involvement will be intense! (That's putting it mildly.)

Capricorn Dec. 22 - Jan. 20
Obscure conflicts might arise today between you and your partner or close friend. Be careful not to let hidden resentments flare up and ruin a good relationship.

Aquarius Jan. 21 - Feb. 19
A work-related romance or crush might begin for some of you today. If so, this new relationship will be compulsive in nature. Oh yeah.

Pisces
Feb. 20 - March 20
This is a hot and heavy day for romantic partners. However, creative, artistic people will feel just as passionate about whatever it is they're doing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

				9				
8				7	6			5
		5				1		
	7			6				
4	1		3		9		7	8
				5			1	
		3				2		
6			5	3				4
				8				

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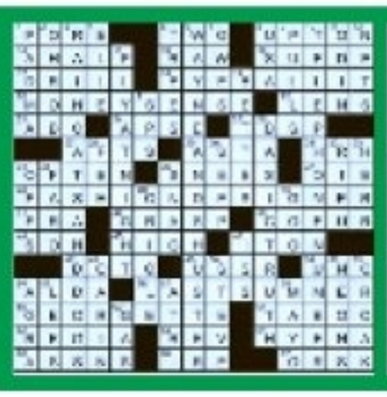
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



2	5	3	6	1	8	7	9	4
9	1	4	5	7	3	8	6	2
8	7	6	4	2	9	5	3	1
7	6	8	9	5	1	4	2	3
1	9	2	7	3	4	6	5	8
3	4	5	8	6	2	1	7	9
6	2	9	1	8	5	3	4	7
5	3	1	2	4	7	9	8	6
4	8	7	3	9	6	2	1	5

Hurt at work? Call the WCB
healthcare | lost wages | return to work
204.954.4100 | 1.855.954.4321 | wcb.mb.ca
100 YEARS
WCB Manitoba Compensation Board of Manitoba

IMPORTANT NOTICE – GOVERNMENT MAIL

How to obtain your Manitoba cheque

To prepare for a possible postal service disruption, the Manitoba government has arranged for government cheques and other essential mail to be available for pick-up at the locations listed below. If you currently receive your payments or benefits by direct deposit, you will not be affected by a postal disruption.

Cheque pick-up information

All offices are open **Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.** unless otherwise indicated.

Please call **1-866-626-4862** or visit **Manitoba.ca** before going to pick up your cheque and you will be provided with a number to call to ensure your cheque is ready.

Please bring proper identification with you when you pick up your cheque.
If you are not sure which location has your cheque, please call **1-866-626-4862** or visit **Manitoba.ca.**

A. Outside Winnipeg

Cheques available at locations outside Winnipeg:

- Trade Vendor/Landlord • Provincial Superannuation
- DFA
- Refunds • Manitoba Housing • Employee Paycheques/ Pay Advices
- Health (ex: Pharmacare, travel subsidy, out-of-province medical claims, insured benefits, doctor payments)
- Prenatal Benefit cheque pickup/application drop off

Note: For Employment and Income Assistance cheques, please see section D below.

Payments to the following programs can also be dropped off at these locations: Provincial Taxation, Manitoba housing, Provincial Fines, Maintenance Enforcement (MEP).

Ashern
Manitoba Infrastructure
43 Railway Avenue

Beausejour
Manitoba Families
Beausejour Provincial Building
20 – 1st Street S.

Brandon
Manitoba Finance
Brandon Provincial Building
340 – 9th Street

Carman
Manitoba Agriculture
Carman GO Office
65 – 3rd Avenue N.E.

Carberry
Manitoba Agriculture
Carberry GO Centre
Hwy #5, North of Hwy #1

Churchill
Manitoba Families
31 Hudson Square

Dauphin
Manitoba Families
Dauphin Provincial Building
27 – 2nd Avenue S.W.

Flin Flon
Manitoba Families
Provincial Building
102-143 Main Street

Gimli
Manitoba Indigenous and Municipal Relations
2nd Floor,
62 – 2nd Avenue

Killarney
Manitoba Families
203 South Railway Street E.

Lac du Bonnet
Manitoba Sustainable Development
4 - Hwy #502

Minnedosa
Manitoba Agriculture
Minnedosa GO Office
36 Armitage Avenue

Morden
Manitoba Families
290 North Railway Street

Morris
Manitoba Agriculture
229 Main Street S.

Neepawa
Manitoba Sustainable Development
123 Main Street

Portage la Prairie
Manitoba Finance
Portage Provincial Building
25 Tupper Street N.

Russell
Manitoba Education and Training
402 Main Street N.

Selkirk
Manitoba Families
Selkirk Provincial Bldg.
101-446 Main Street

Souris
Manitoba Learning and Resource Centre
130 – 1st Avenue W.

Steinbach
Manitoba Families
316 – 323 Main Street

Swan River
Manitoba Families
Provincial Building
201 – Fourth Street S.

The Pas
Manitoba Families
79 – 3rd Street W.

Thompson
Manitoba Families
Thompson Provincial
59 Elizabeth Drive

Virden
Manitoba Agriculture
Virden GO Centre
247 Wellington Street W.

Winkler
Manitoba Education and Training
Distance Learning Unit
555 Main Street

B. In Winnipeg

Cheques available at the Norquay Building – Basement Level 401 York Avenue

Monday – Friday (8:30 a.m. – 4:30 p.m.)

• Trade Vendor/Landlord • Provincial Superannuation • Refunds • Income Supplement (Provincial Services) • Prenatal Benefit cheque pickup/application drop off • Pharmacare • Disaster Financial Assistance (DFA) • Essential Mail

Note: For Family Services and Employment Income Assistance cheques please see section C below.

Payments for the following programs can also be dropped off at this location: Provincial Taxation, Manitoba housing, Provincial Fines and MEP.

Manitoba housing cheques (including STAT55 and Portable Housing Benefit) are to be picked up at 200-352 Donald Street.

Manitoba Health

New and replacement Manitoba Health Cards and Temporary Out-of-Province Certificates can be picked up on the main floor of 300 Carlton Street.

C. Employment and Income Assistance Recipients in Winnipeg

All Employment and Income Assistance cheques can be picked up at your local community area office.

ACCESS River East
2nd floor, 975 Henderson Highway

ACCESS Transcona
845 Regent Avenue West

ACCESS Downtown East (R3A / R3B)
2 – 640 Main Street

Downtown West
755 Portage Avenue

ACCESS St. Boniface (Bilingual)
3rd floor, 170 Goulet Street

Seven Oaks
Unit 3 – 1050 Leila Avenue

River Heights/ Fort Garry
Unit 6 – 677 Stafford Street

Point Douglas/ Centralized Services
128 Market Avenue

Downtown Main
896 Main Street

ACCESS NorWest
785 Keewatin Street

ACCESS Winnipeg West
2nd floor, 280 Booth Drive

The hours for cheque pick-up for all locations are:
Monday – Friday
8:30 a.m. – 4:30 p.m.

Please contact your EIA worker if you have any questions or concerns about mail arrangements.

D. Employment and Income Assistance Recipients outside Winnipeg

Pick up your cheque at the following regional office locations.

Morden Regional Office
290 North Railway Street

Dauphin Regional Office
309 – 27 2nd Avenue S.W.

The Pas Regional Office
3rd St. and Ross Avenue

Beausejour Regional Office
20 – First Street S.

Portage La Prairie Area Office
106-25 Tupper Street N.

Swan River Area Office
201 – 4th Avenue S.

Flin Flon Area Office
102 – 143 Main Street

Steinbach Area Office
242 – 323 Main Street

Brandon Regional Office
2nd Floor,
340 – 9th Street

Selkirk District Office
101 – 446 Main Street

Thompson Area Office
107– 59 Elizabeth Drive

The hours for cheque pick-up are:
Monday – Friday
8:30 a.m. – 4:30 p.m.

If you have a problem with picking up your cheque, please contact your EIA worker.

Employment Manitoba

For information about your Employment Manitoba cheque and where you can pick it up please call 204-945-0575 in Winnipeg, or toll-free in Manitoba 1-866-332-5077.

Disaster Financial Assistance (DFA)

For information about your DFA cheque and where you can pick it up please call 204-945-3030 in Winnipeg, or toll-free in Manitoba 1-888-267-8298.

Workers Compensation Board (WCB)

For information about your WCB cheque and where you can pick it up please call 204-954-4321 in Winnipeg, or toll-free in Manitoba 1-855-954-4321.

Public Trustee

If you regularly receive cheques by mail from The Public Guardian and Trustee, please phone your Adult Services Administrator directly to make alternate arrangements.

Maintenance Enforcement Program (MEP)

For information on how and where to obtain your family support payment, please call 204-945-1761 or email the program at ManitobaMEPInquiries@gov.mb.ca

Provincial Taxation

Tax return due dates remain unchanged.
Visit www.gov.mb.ca/finance/taxation for more info.

For more information visit:
Manitoba.ca
or call **1-866-MANITOBA** (1-866-626-4862)
TTY: 204-945-4796

Manitoba